

CDC Says “Take 3” This Flu Season



Flu is a serious disease. Each year in the United States, an average of 36,000 people die and more than 200,000 are hospitalized from flu-related illness.

Take action to protect yourself and your loved ones from the flu this season.

Take time to get a vaccine.

- A flu vaccine is the best way to protect against the flu.
- The flu vaccine protects against three different flu viruses.
- Getting a vaccine is very important for people at high risk for serious flu complications and their close contacts. People at high risk include infants, pregnant women, people with chronic health conditions like asthma, diabetes, or heart disease, and people 65 and older.
- This year, an all-time high supply of vaccine is available so more people than ever can seek protection from the flu.

Take everyday preventive actions.

- Cover your nose and mouth with a tissue when you cough or sneeze--throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Stay away as much as you can from people who are sick.
- If you get the flu, stay home from work or school. If you are sick, do not go near other people so that you don't make them sick too.
- Try not to touch your eyes, nose, or mouth. Germs often spread this way.

Take antiviral drugs if your doctor says to.

- There are flu antiviral drugs that can treat the flu or prevent infection with flu viruses.
- For treatment, antiviral drugs should be started within 48 hours of getting sick.
- For prevention, antiviral drugs are 70% to 90% effective in preventing infection.
- These drugs must be prescribed by a health care provider.
- If you develop flu-like symptoms (usually high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose and muscle aches), or are exposed to the flu before you get a flu vaccine, your health care professional will decide whether you should take antiviral drugs.

***For more information, visit
www.cdc.gov/flu or call 800-CDC-INFO.***